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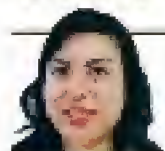
Your essential daily news | WEDNESDAY, MAY 24, 2017

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Security boosted after attack

MANCHESTER BOMBING

Police working with True North ahead of Chili Peppers show



Jessica Botelho-Urbanski
Metro | Winnipeg

The MTS Centre is beefing up security following a terrorist attack that killed 22 and injured at least 59 near an Ariana Grande concert in Manchester, U.K., Monday.

Working with the Winnipeg Police Service, True North Sports and Entertainment will bring in a bomb-sniffing dog, Dante, for Friday's sold-out Red Hot Chili Peppers show.

"We will be augmenting our security to include our good friend, Dante, and hope that we can reassure the audience, reassure the public that any event at the MTS Centre is a safe occurrence," said Kevin Donnelly, True North's senior vice-president of venues and entertainment.

Other added security measures will be in place, but aren't being publicly disclosed so as not to jeopardize them, said WPS public information officer Rob Carver.

True North called a press conference Tuesday to discuss the security protocols and as-

sure they are continuously upgrading to "be as prepared as possible for a situation like this."

"You can never make your venue somewhere that is incident-proof, but you can plan for these worst-case scenarios and try to do what you can to mitigate the opportunities for them," said Donnelly, who witnessed a terrorist attack himself in 2013.

He was running in the Boston Marathon when bombs exploded near the finish line.

"The randomness of all these things and the callousness is just beyond comprehension," Donnelly said.

Metal detectors will be in place as per usual at Friday's show. The MTS Centre is also scheduled to start a no building reentry policy Sept. 1.

+ ACROSS CANADA

Several other event venues have responded by boosting their security:

■ **Toronto's** Air Canada Centre will have more boots on the ground for upcoming performances including the Weeknd and Neil Diamond.

■ The Scotiabank Centre in **Halifax** promises heightened security and police presence for its I Love The 90s tour event on Wednesday.



Dante, an eight-year-old Belgian Malinois trained to sniff out bombs, will be on shift at the MTS Centre Friday, as part of bolstered security in reaction to the stadium bombing in Manchester. JESSICA BOTELHO-URBANSKI/METRO

TERROR IN MANCHESTER Eight-year-old among the young victims metroNEWS

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Tuesday, June 13

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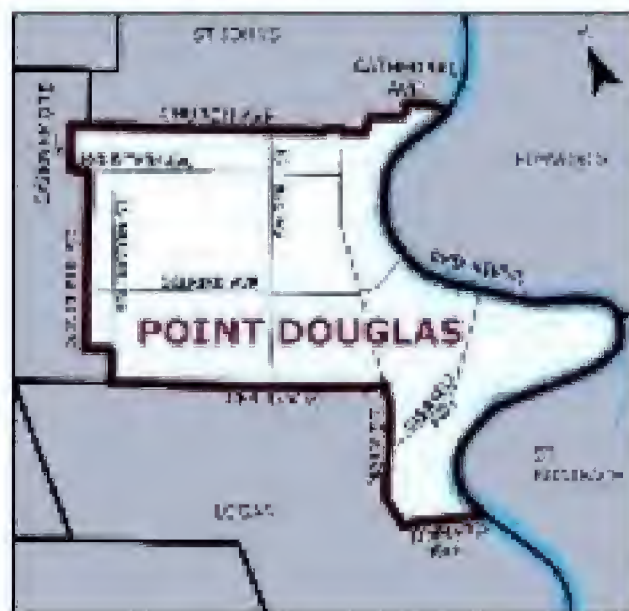
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- **Absentee Voting:** If you will be away during advance voting and on election day, you may apply for absentee voting.

Nomination process:

Official nomination forms are available on the website and from the returning office. They must be completed and returned before 1:00 p.m. Monday, May 29.

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Questions?

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Students from Emmanuel Christian School display the 2017 Canada Summer Games-themed street banners they created, along with Coun. Russ Wyatt and Alex Morrison from the Transcona Biz.

CONTRIBUTED

Remove the trash and plant flowers

SPORTS

Beautification effort ramps up ahead of Canada Games



Michelle Bailey
For Metro | Winnipeg

Within two months, the "eyes of the nation" will be on Winnipeg, so the final push is on to get the city looking its best.

The Eyes of the Nation initiative, which is intended to get the city camera and visitor-ready in time to host the Canada Games, was launched Tuesday at the Transcona Centennial Square Archambault Pavilion Stage.

The program encourages residents and businesses in the city — and the two other host sites, Gimli and Kenora — to work

together to make everything look spiffy for the major sporting event, which will attract thousands of visitors from July 28 to Aug. 13.

"This is an opportunity to put our best foot forward, show how proud we are of our community and to make our visitors feel welcome," said Eyes of the Nation volunteer ambassador Tracy Bowman, who added it doesn't have to be a lot of work if people collaborate.

She suggested Winnipeggers can participate by getting friends and neighbours together for a community clean-up, businesses can put up signage in their windows, and anyone can plant flowers in the official Canada Games colours of red, yellow

and orange.

Jardins St-Léon Gardens co-owner Colin Rémillard and his crew created sample planters for the initiative's launch event, and said they will have plenty of flowers in stock for those who want to flex their green thumbs for the event.

"We will have pre-made planters as well, but if people want to be creative and do their own thing, they can do that too," he said.

Those who get involved with the program by taking photos of what they've done and sharing them on social media will be eligible for a chance to win one of nine Via Rail promotional travel credits with departure from Winnipeg.



This is an opportunity to put our best foot forward, show how proud we are of our community.

Tracy Bowman

COMMUNITY

Lighthouse Mission set to reopen

Winnipeg's Lighthouse Mission is preparing to reopen this week after a flood in the Main Street building forced it to shut down in late April.

Operations Manager Joel Cormier said the extensive damage was the result of a pipe bursting on nearby city property. Although the mess was devastating, the city was quick to repair the damage.

He added a City of Winnipeg inspector will be stopping in Wednesday to ensure everything meets the criteria needed to swing the doors open by Thursday.

Cormier also gave credit to the community, which he said came to the rescue in a huge way by pouring thousands of dollars into the fundraising campaign to get the mission back up and running.

"Our goal was to raise at least \$20,000 and we managed to raise that amount in just two days," Cormier gushed, adding the campaign was meant to run for far longer. "In fact, we have raised closer to \$25,000 to date and I just can't say enough about the generosity shown to us so that we can be here for our community."

He credits the power of social media, in particular Twitter, for helping spread the word about the mission's immediate need for help when they had to close April 30.

Around one foot of water leaked into the mission's basement, damaging freezers, fridges, laundry machines, sound equipment and more — money raised during the campaign will help replace all those appliances and restock the shelves.

The Lighthouse Mission has been serving the inner city since 1911. MICHELLE BAILEY/FOR METRO

Vicky Mochama: The appropriation prize controversy is a chance to read, listen and learn. **Views**

Flourishing or floundering?

MAPPED | OSBORNE VILLAGE CHANGES

Five buildings are currently under renovation or are soon to be in the core of Osborne Village. Little Goat Food and Drink is set to take over 135 Osborne St. in the coming months and Anytime Fitness will open at 108 Osborne St. by September.



● Location of vacant buildings

OSBORNE VILLAGE

Residents weigh in on new neighbourhood developments



Jessica Botelho-Urbanski
Metro | Winnipeg

While storefronts on the Osborne Village strip have gone missing like teeth (as a former Weak-erthans singer might put it), the fillings are going in this summer.

Little Goat Food and Drink is opening soon in the former Black Rabbit Bistro and Lounge location, known before that as Basil's (135 Osborne St.).

Husband and wife duo Alexander Svenne and Danielle Carignan Svenne, who run Bouchée Boucher Restaurant and Butcher

Shop, will operate Little Goat.

Across the street at the defunct American Apparel store (108 Osborne St.), Anytime Fitness co-owners Victor Barnabe and Kyle Amos have signed a lease. They hope to open a new gym by September and chose the Village location for its density.

"The Village is really growing and it's a really great community," Barnabe said. "I know there's a couple other gyms in there (Snap Fitness and Brick-house Gym) and Anytime Fitness is a little bit of a different model. We're more aimed towards people compared to just your regular gyms."

While Osborne residents are eager to see new development invigorate empty spaces, those Metro spoke to on Tuesday craved businesses other than the already-established restaurants and gyms.

Bob McGillivray would like to see a book store, while Kailey

Protulipack suggested a bakery, butcher or florist.

For Romeo K., the hot dog vendor who's set up at River Ave. and Osborne St. for the last four years, anything that spawns more foot traffic is a boon.

"The months of July and August are completely dead around here," he said. "After Canada Day ends, I have to move. I can't even make money around here."

He suggested more community-building events for the neighbourhood, besides Canada Day festivities. "Maybe more tent parties, more outdoor events, more music bumping. This is an area where that kind of atmosphere should be going on," he said.

Other vacancies in the Village include 120 Osborne St., where TD Bank recently closed. 117 Osborne St., the former Desart store, is closed and clothing store Hemptrean (111 Osborne St.) is soon to be shuttered next door

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after one last blowout sale.

Desart's owners are in the process of renovating and looking at ways to configure the adjoining spaces "to optimize the size of leasable units," said Bryn Oliver, vice-president of commercial real estate firm Colliers International.

Oliver said he is feeling confident about the Village's vitality.

"The area has some of the highest density housing in Winnipeg and we see new multi-family developments coming online regularly," he said. "Based on the demographics, traffic counts, pedestrian counts and its central location — Osborne Village should continue to flourish for the foreseeable future."

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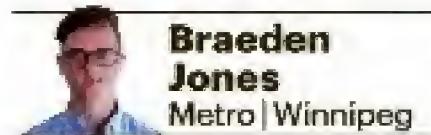
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CHOIR

All-ages event to support mental health



Braeden Jones
Metro | Winnipeg

Youth are adding their voices to the chorus — in a very real sense — to end the stigma of mental illness.

Tonight, the Winnipeg Youth Chorus (with choristers aged seven to 22) is joining Margaret's Choir (with 215 novice and professional singers of all ages) to present HOPE: A Bene-

fit Concert. The concert is designed to destigmatize mental illness and raise money for the Mood Disorders Association of Manitoba.

"They are really two powerhouse choirs," said Wendy Myers, spokesperson for the Winnipeg Youth Chorus.

"When you look at the young, young singers performing with people who could be their grandparents, it touches your heart.

"They're all there together doing this for such a good cause... joining together, young and old, to try and do something, better the world, maybe save a life."

According to the Canadian Mental Health Association, one in five people have a diagnosable mental health condition in any given year.

The Mood Disorders Association of Manitoba is a non-profit group with the goal of

eradicating the stigma of mood disorders and improving mental health for all.

It offers peer drop-in, telephone, and one-on-one counselling, as well as weekly self-help events for those affected and their families.

HOPE will be performed May 24 at 7 p.m. at the Centennial Concert Hall.

Tickets are still available online at: Squareup.com/store/winnipeg-youth-chorus

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metro



Levi Foy helps co-ordinate the Like That program, which provides space for members of the LGBTIQ community to drop by, share stories, make art and dress in drag. JESSICA BOTELHO-URBANSKI/METRO

Pride 30FOR30

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LGBTQ

Levi Foy will be celebrating Pride in many forms this year



Jessica Botelho-Urbanski
Metro | Winnipeg

Levi Foy is helping make history at Pride Winnipeg this year organizing two events new to the city.

One — the Two-Spirit Pow Wow Friday at The Forks — is new to Treaty One Territory and perhaps the country, he said.

"This one in particular is so important to myself and all the members of the (Like That) group," Foy said.

"Often our queerness and our two-spirit identities are something that's accepted, maybe within our communities, but we've never had the opportunity to actually blend those two in such a way — to have a healthy celebration around our queer identities and our aboriginal identities."

The other event, Read by

Queens, has drag queens reading books to kids at West End Library 6:30 to 8 p.m. on May 31.

Foy identifies as two-spirit and grew up in Oak Lake, Man., a tiny town where he experimented with dressing in drag for the first time at age 16 in a ploy to get beer.

"My friends were like, 'Why don't we just put Levi in a wig and dress him up and he can go to the beer store and get beer?'" he recalled. "And it worked. We got the beer and we got liquor, and I was like, 'This is really fun.'"

Since 2014, Foy has been helping run Like That at Sunshine House. It's a recreation program where members can explore gender identity, dress in drag, perform, do art, swap stories — whatever they feel like, he said.

He also works as a life skills coach for those who are homeless or on the verge of homelessness at Aboriginal Health and Wellness.

"Both of my jobs are really emotionally gruelling. I think that's why I'm so single," Foy said jokingly.

Find more, including Foy's favourite Pride moment, at metronews.ca.

CEMETERY VANDALISM

Brookside Cemetery hit

Winnipeg Police seek those responsible for the destruction of 80 headstones at Brookside Cemetery this past weekend, "a serious act of vandalism," according to Const. Rob Carver, and the first time in a decade the cemetery has been targeted. Police say they were

alerted by someone who was visiting the west end cemetery on Sunday. City spokeswoman Kailey Barron the city is cataloguing the damage, and tracing those connected to the headstones. Those wanting to register ownership can contact cemeteries@winnipeg.ca. MICHELLE BAILEY/ FOR METRO



Above: Georgina Callander and Ariana Grande in 2015.
Left: Saffie Rose Roussos. Callander and Roussos were the first victims to be identified in an attack at Manchester Arena, which left 22 people dead on Monday.
CONTRIBUTED/
THE ASSOCIATED PRESS

8-year-old girl among victims

MANCHESTER

Many parents still waiting to hear from their children

Names of the victims are beginning to emerge after Monday night's deadly bombing at an Ariana Grande concert in Manchester, England.

For a crowd of mostly young British music fans, the concert was supposed to be a school night out of enjoying cheerful high-energy pop. It quickly turned into sheer terror.

A suicide bomber detonated a powerful explosive device moments after the American singer wrapped up her show Monday night in Manchester, sending people into a desperate search for missing family and friends. The blast killed 22 people and wounded 59 others, with 12 of the wounded under the age of 16, officials said.

One of the victims has been identified as eight-year-old Saffie Rose Roussos, a "beautiful little girl" who was taken to the concert by her mother.

Saffie was remembered fondly by Chris Upton, the head teacher at Tarleton Community Primary School.

"Saffie was simply a beautiful little girl in every aspect of the word," Upton told The Guardian. "She was loved by everyone and her warmth and kindness will be remembered fondly."

+ DETAILS

■ Prime Minister Theresa May said Britain's terror threat level had been raised to critical — meaning another attack may be imminent. The status means armed soldiers could be deployed instead of police at public events including sports matches.

■ Daesh claimed responsibility for the attack. Manchester Police Chief Ian Hopkins identified the bomber as 22-year-old Salman Abedi.

Another victim is 18-year-old Georgina Callander, who studied health and social care at Runshaw College in Lancashire.

The school released a statement on Facebook saying, "Our deepest sympathies, thoughts and prayers go out to all of Georgina's friends, family, and all of those affected by this loss."

Charlotte Campbell was among the parents still looking for their children. She told BBC Radio 4's Today program that her 15-year-old daughter, Olivia, was still missing.

"I'm at home phoning everybody: hospitals, police, the centres that the children have been put in," Campbell said. "Her dad's in Manchester looking for her. I've got friends looking for her. I've got people I don't even know looking for her ... And I'm just hearing nothing. Her phone's dead." TORSTAR NEWS SERVICES

NOVA SCOTIA

Three men charged in massive lobster fraud

Philip Croucher
Metro | Halifax

Three people in Nova Scotia are facing charges in an alleged lobster theft and fraud case totalling around \$3 million.

The RCMP say in July 2015, they received information about a Shag Harbour man allegedly defrauding a Shelburne County lobster com-

pany of \$175,000. From that, an investigation was launched and more crimes committed, police say.

"They've been in the lobster industry for quite some time," RCMP Supt. Martin Marin said.

During the course of the investigation, the RCMP looked into allegations that a lobster company in Clark's Harbour had been defrauded of over \$500,000 in 2014-15.

The RCMP have charged

“Where there's opportunity, there's also crimes of opportunity
RCMP Supt. Martin Marin

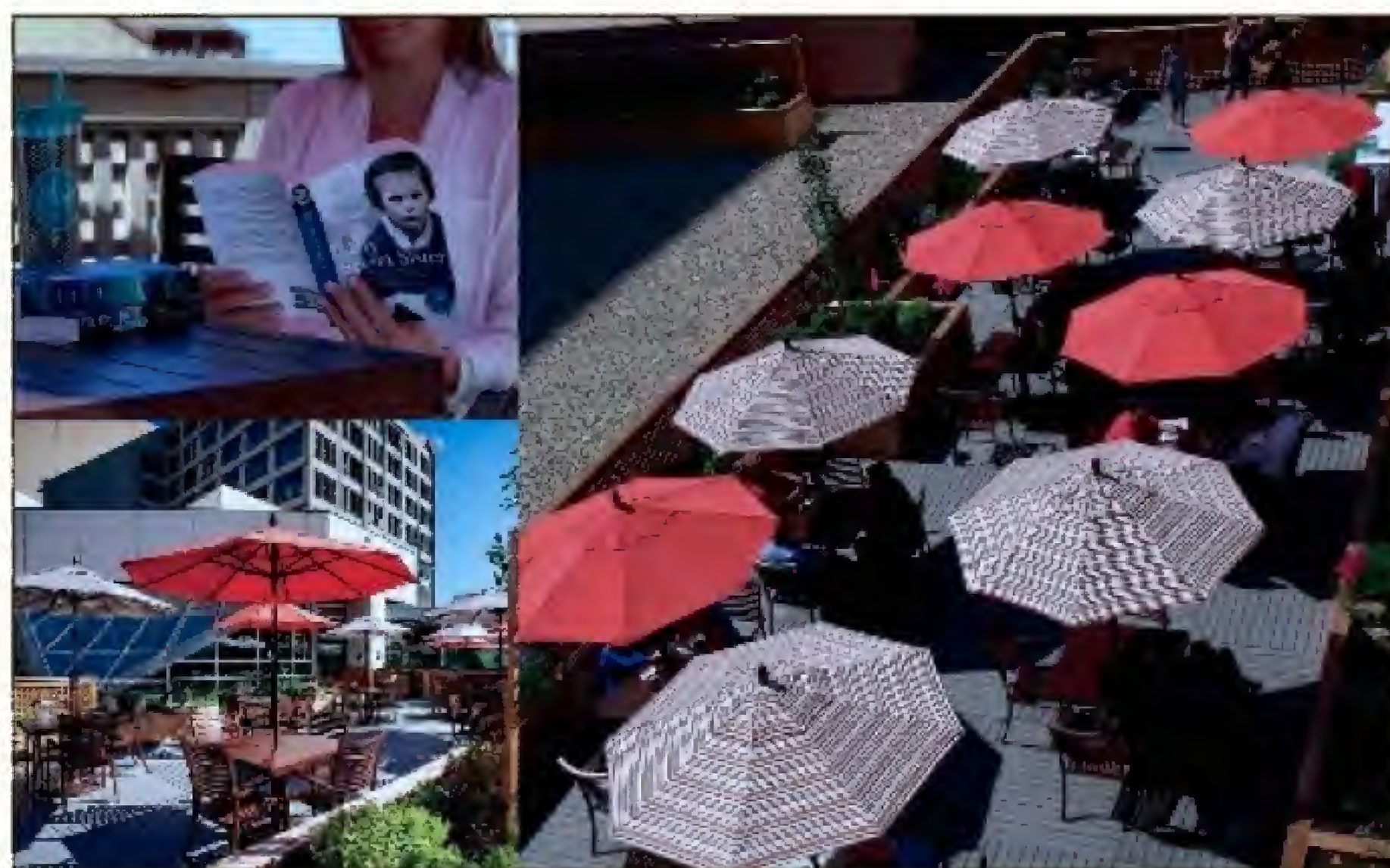
Terry Dale Banks, Wayne Lawrence Banks and Christopher Olen Malone with fraud and theft. All three men have been released from custody on conditions and will return to court on Aug. 24.

Marin said the three have substantial reach and influence on the local, national

and international seafood markets.

"It's a multimillion-dollar industry," he said. "And where there's opportunity, there's also crimes of opportunity. It seems as though that is what transpired here."

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VICKY MOCHAMA

Appropriation prize flap a chance to listen and learn

Two weeks ago, I watched several powerful people gleefully line up to throw money at the opportunity to refuse to hear criticism.

The so-called appropriation prize and the ensuing fallout at major media organizations are not about free speech. This is about who gets to speak and who should be thankful for being allowed to exist.

At times, Indigenous issues overlap with my ill-attended-to specialties: race, gender, and politics. To be sure, it's a wide umbrella, but it doesn't always cover everything.

On those occasions, I read, listen and learn.

In the aftermath of the Joseph Boyden controversy, I read Indigenous writers who, with compassion and fury, asked for transparency.

After the human rights tribunal concluded Canada discriminated against Indigenous children, I read the rulings and listened to Cindy Blackstock's fierce advocacy.

I listen to podcasts from Media Indigena and Indian and Cowboy.

Slowly but surely, I'm working through the Truth and Reconciliation Commission report. It's a harrowing read, but essential.

I say this not to self-congratulate, but to say that I am still in the shallow end. Every new piece of information leads to more questions, which leads to answers that only ask more questions. Until I can swim in the deep end with Indigenous people, I'm going to do my

best to stay in my lane.

And that's what the appropriation prize organizers and their friends and supporters need to do. Because in a short period of time, they revealed the things we — Indigenous, Black, racialized people — suspected to be true: That for them, our cultures, like ourselves, can be put up for auction. That our histories, our pains, our joys (if we're allowed that), our style — the things that make us strong and unique — are available to most ambitious imitators.

There have been consequences: a resignation, a demotion, and some apologies. But there are still more non-Indigenous people defining terms of a conversation they're not equipped to have.

For us, it's a time for listening and for learning. For progress and reconciliation to work, speaking up cannot mean speaking over.

In Indigenous Writes, a friendly and righteous raft for these waters, Chelsea Vowel says, "What we cannot do is pretend the subject matter is anything but difficult. Sometimes, we will simply have to agree to disagree." Still, she insists that it can be done: "We begin that process by understanding the fundamental issues."

The most consistent voices asking for explanation, accountability and apology were Indigenous writers and creators.

Simply, they are the voices to listen to.



JESSICA ALLEN ON HOT BLACK COFFEE FOR A NEW AGE

Food wasn't just a detail in the original Twin Peaks. It was central to the show's humour — something the reboot may have forgotten — and in grounding the characters in a normal world.

Everyone is talking about how strange the new Twin Peaks is. Critics are saying television hasn't been this odd since, well, the original Twin Peaks aired back in 1990.

No surprise there. Welcome back to the weird and wonderful mind of David Lynch.

But two things struck me while watching the first four episodes of the 18-part continuation. First, where are the coffee, cherry pie and jelly-filled doughnuts? And second, who would have thought that coffee and doughnuts would have morphed into a world of almost unfathomable oddity?

"Coffee culture," which beyond being a way of life is also the actual name of a franchise, happened so gradually that we didn't even know it.

It's been 25 years since FBI Agent Dale Cooper tells Sheriff Truman in the first season of Twin Peaks that "every day, once a day, give yourself a present. Don't plan it, don't wait for it, just let it happen. It could be a new shirt at the men's store, a catnap in your office chair or two cups of good hot black coffee."

The new series allows us to examine the change from a cup of simple diner coffee to unicorn frappuccinos with Rip Van Winkle-like wonderment.

By way of introduction may I remind you of the Cronut? Imitators were so abundant that the doughnut-meets-croissant creators registered Cronut in 2013 with the U.S. patent and trademark office. I doubt

The new series allows us to examine the change from a cup of simple diner coffee to unicorn frappuccinos with wonderment.



PROTOTYPICAL PIE Twin Peaks ushered in a Golden Era of food-centric television shows, including Seinfeld, The Sopranos and Gilmore Girls, writes Jessica Allen. THE ASSOCIATED PRESS

even the Log Lady could've predicted that, not to mention \$6 cups of cold brew, gourmet matcha green tea doughnuts — even gluten-free doughnuts, a metaphysical feat only achievable in the extra-dimensional Black Lodge.

Food was omnipresent in many of the so-called Golden Age of Television series that arguably started with Twin Peaks. The diner in Seinfeld is as much a character as the woods are in Twin Peaks. And I dream of scoring a coveted reservation at Cicely's secret Italian restaurant in Northern Exposure. Then there's The Sopranos and Carmela's baked ziti and the pork sandwiches from Satriale's that even the FBI agents following Tony couldn't resist. Junk food and jumbo coffees were basically members of the family on Gilmore Girls.

But food wasn't just a detail in the original Twin Peaks. It was central to the show's humour — something the reboot may have forgotten to drag with it into the future — and in grounding the characters in a normal world. Sure, there

was a lady who got messages from her log but somewhere there was coffee and doughnuts and cherry pie. (Riverdale may have made notes from Twin Peaks' playbook: the mood is certainly darker for Archie and his friends but there are still milk shakes to be had at the Chok'lit Shoppe.)

If coffee and doughnuts were the bench mark for the norm that let Twin Peaks' wilder flights of fancy soar, it should come as no surprise that in a world of \$75 "cat poop" coffee — made from beans partially digested by cats — the show's universe now isn't just weird. It is almost beyond comprehension.

I lied: coffee has made an appearance in the new Twin Peaks, in the form of two lattes in the first episode, and again, in the last few minutes of episode four — the most heart-palpitating yet of the series — when, spoiler alert, Dale Cooper (at least, we think it's Dale Cooper) sips on a hot cup of black coffee. It may have taken four hours of red curtains and epic expanses of metaphysical space but with

that single sip, there's the potential of a cliffhanger to rival the greatest soaps.

Meanwhile, in Twin Peaks, Deputy Chief "Hawk" is opening the old case file on Laura Palmer. There on the table beside him is a pink box of doughnuts. Straining a little, you can see the logo of the Double R diner, which was absent in the original series. Despite the audience wondering if Norma was forced to use a brand consultant, Truman's cellphone and Ben Horn's weed-infused comestibles, not a lot seems to have changed in the north-west logging town.

So we are hooked again, brought into a mind-altering reality through the basic power of a black cup of coffee and doughnuts. The Tim Hortons execs who are trying to figure out how to mass-produce lattes should take note, before the real world surpasses the new Twin Peaks in its oddity.

Jessica Allen is the digital correspondent on CTV's The Social.

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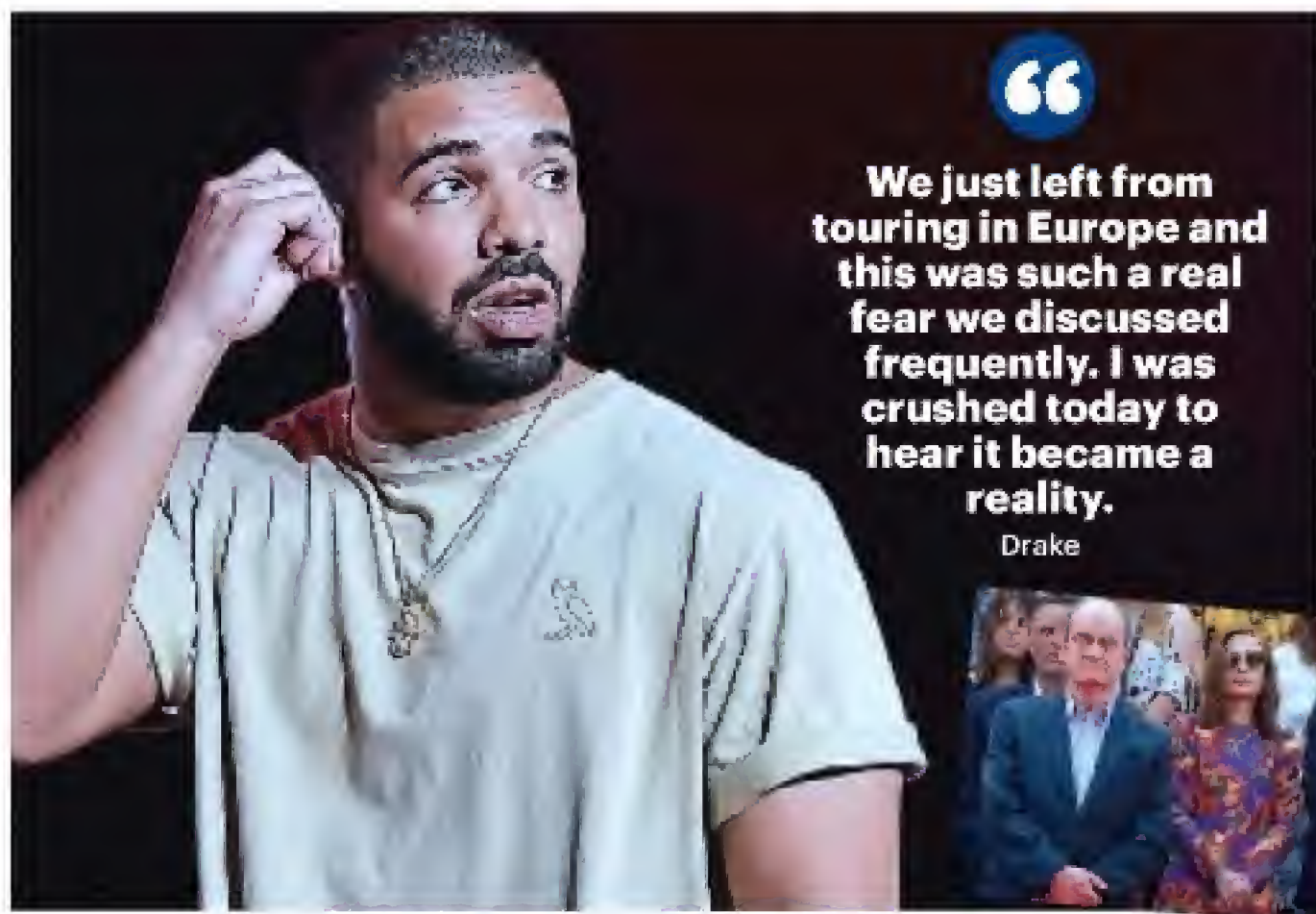


LIFE

Your essential daily news

Wednesday, May 24, 2017

United in face of fear



“
We just left from
touring in Europe and
this was such a real
fear we discussed
frequently. I was
crushed today to
hear it became a
reality.”

Drake

Inset: Pierre Lescure and Isabelle Huppert in a moment of silence at Cannes Film Festival. GERRY

MANCHESTER ATTACK

Stars show solidarity after terror at Ariana Grande concert

Attacks such as the deadly bombing that killed 22 people at an Ariana Grande concert in Man-

chester, England were a “real fear” that was “discussed frequently” while touring in Europe, Canadian rap star Drake said Tuesday.

In a post on Instagram, the Toronto-raised rapper said he was “crushed today to hear it became a reality.”

“My condolences to all of the families affected and we will be praying for all of Manchester.

Also, I am praying on peace of mind for Ariana,” he wrote.

Monday’s explosion sparked a stampede of young concertgoers, some still wearing Grande’s trademark kitten ears and holding pink balloons. Authorities said an eight-year-old girl was among the dead.

Drake was one of several Canadian stars with teenage followings who voiced sympathy and

solidarity Tuesday for those affected by the attack.

Teen idol Shawn Mendes, pop singers Justin Bieber, and Alessia Cara as well as YouTube star Lilly Singh all took to Twitter with messages of support.

Mendes, who is scheduled to play in Paris on Wednesday, described himself as “completely heartbroken.”

“I am truly so sorry about what has happened in Manchester tonight. Unthinkable events. All my love to the families affected,” he said.

“I love you so much guys. This isn’t what music is about. I am so so sorry.”

Cara helped circulate an online list of those still missing after Monday’s show, adding “my heart is with u, Manchester.”

Bieber simply tweeted the hashtag #PrayForManchester.

Singh, who was set to perform in Malaysia on Tuesday, expressed shock at the violence and urged her fans to stay strong.

“My heart and prayers go out to Ariana and everyone at her show in Manchester. I can’t even imagine the feeling. No words,” she tweeted.

“In a world that can be so sad and cruel sometimes, laughter really is such a gift. Shout outs to everyone who spreads love in this life.”

THE CANADIAN PRESS

Light beer for daydrinking

ALCOHOL

Popularity of fruity beverages set to keep rising

Genna Buck
Metro | Toronto



Another scorching summer is about to hit, and for Canadians that usually means one thing – drinking.

“Patio season, dock season, hipsters in parks: No matter what kind of Canadian you are, you drink beer in the summer,” said Crystal Luxmore, a beer sommelier and beverage writer who runs craft beer tasting events with the Beer Sisters in Toronto.

But, “people want to be able to...have a few on the patio and not feel too tipsy in the heat,” Luxmore said – hence the explosion in the popularity of lighter drinks with less than five per cent alcohol by volume.

Cider sales have been surging since 2014. The lightly alcoholic Aperol spritz was so popular last summer that importers had trouble keeping it on store shelves.

And the beverage known as a radler in Germany and a shandy in the British Isles – essentially equal parts beer and some kind of non-alcoholic fruit drink such as pop, juice, or lemonade – has been on the rise in Canada for about seven years, Luxmore said. But they’ve really exploded in recent summers as both giants like Molson and Canadian craft

breweries have increased their offerings, she added.

It’s all part of the trend away from super-sweet, high-lighter-hued coolers.

“We’re more health conscious, even what comes into alcohol. Beer is a natural product. Combining that with real juice or fresh zested fruit seems healthier for us than a glucose-fructose-laden alcohol pop.”

Luxmore said she has seen breweries increasingly experimenting with beers that have fruit smashed directly in, zest and all, resulting in bolder-flavoured tipples that are still fairly low in alcohol.

She also expects to see a

continued rise in full-strength beers sweetened with natural fruit – blueberry lager, watermelon wheat beer, and hoppy IPAs, mixed with tropical fruits.

Demographics has something to do with it: One of the only groups of Canadians whose alcohol consumption is increasing is younger women. Traditionally, radlers and ciders are considered “fruity and girly,” and concoctions like the Bud Light Lime-A-Rita are clearly marketed at women, Luxmore said.

But, “the way a craft brewery does a radler – citrusy, dry, not too sweet – appeals to men and women,” she said. “Increasingly, it’s not a lady thing to drink fruit beer.”



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Celebrating fitness at the Global News Fit Expo

Free expo to exhibit local running retailers, marathon sponsors and array of other athletic related businesses

For runners of the Manitoba Marathon the excitement of race day hits a fevered pitch in the two days leading up to the big race when racers finally get to pick up their race numbers and check out what's new in the world of running at the marathon's annual Global News Fit Expo.

And this year's expo is the biggest yet, says Manitoba Marathon executive director, Rachel Munday.

"We've got more exhibitors than we've ever had, so it's going to be a great two days of celebrating fitness," she says. "We've been really working at trying to grow the expo over the years, because part of what people expect when they travel to a race or when they're doing a big event

like this is that they'll get a full weekend of things happening, and this is a part of that experience.

"As you come down to pick up your kit, the excitement of the race is building, and the expo is the first thing that really brings that excitement home for a lot of our runners."

The 2017 Global News Fit Expo runs Friday, June 16 from 11 a.m. to 7 p.m. and Saturday, June 17 from 9 a.m. to 5 p.m. at Investors Group Athletic Centre at the University of Manitoba — across the street from Investors Group Field where for the first time this year the race will end at the home of the Winnipeg Blue Bombers.

The marathon itself is on June 18.

Runners of all six of the Manitoba Marathon's events — the Full Marathon, the Half Marathon, the Five Person Relay, the 10 km Run, the 2.6-mile Super Run, and the Mini Mites competition — will be able to pick up their numbers and race kits at the expo, and it's also the last chance to register before race day.



ISTOCK

The expo is free and open to the public, and Munday says this year's exhibitors include local running retailers, marathon sponsors, and a variety of other running

and athletic related businesses.

For more information on the Manitoba Marathon and the 2017 Global News Fit Expo, go to manitobamarathon.mb.ca.

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All participants must pick up their Runner Numbers at the Fit Expo at the INVESTORS GROUP ATHLETIC CENTRE on the campus of the University of Manitoba. Hours are as follows:

Friday, June 16 – 11:00 a.m. to 7:00 p.m.
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Sean Plummer

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Certainly Canadians have scored some memorable ones. Take 1972's Summit Series in

Moscow between Teams Canada and Russia, where Paul Henderson scored "the goal heard around the world."

The teams would meet 15 years later and provide the amazing sight of Mario Lemieux taking a rush from Wayne Gretzky and roofing it into the Soviet net.

Marie-Philip Poulin secured Olympic gold for Team Canada at the 2014 Sochi Olympics, netting the winning goal in OT to defeat the U.S. 3-2.

Even pop star Justin Bieber has gotten in on the action, showing off his puck-handling skills at the NHL All-Star Game this past January and scoring an empty netter during the Celebrity Shootout. Hockey makes Beliebers of us all.



Team Canada's Paul Henderson lies sprawled out in front of the Russian net with a Soviet defenceman wrapped around his legs after scoring the winning goal in the 1972 Summit Series.

TORSTAR NEWS SERVICE

Making a big splash

Sure, we have most of the Great Lakes (the greatest by far is the aptly named Lake Superior, which contains 10 per cent of the world's fresh water and has more water than all the other Great Lakes combined).

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SEAN PLUMMER



Canada is home to as many as two million lakes, including Lake Louise in Banff. ISTOCK



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SEAN PLUMMER

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Middle of the lineup, middle of the road



ALL PHOTOS HANDOUTS

REVIEW

In-between Lexus IS model outperformed by rest of series



**Sami
Haj-Assaad**
AutoGuide.com

Lexus is playing catch up in the sport sedan segment and one way it's trying to compete is by introducing new trim levels in its popular IS series.

For many, the base IS 200t is a great choice, but it's only available with rear-wheel drive. While the range-topping IS 350 drives all four wheels, it's expensive and fuel thirsty. To try to alleviate this issue, Lexus has introduced the IS 300 AWD, a model in the middle of the lineup that can only be had with all-wheel drive.

While the four-cylinder turbocharged Lexus IS 200t starts at \$42,195, the IS 300 AWD comes in at \$44,995, commanding a \$2,800 premium for two extra drive wheels and cylinders. It sounds like a good deal, at first.

The IS 300 AWD has 14 ponies over its smaller displacement, turbocharged brother, but is down 22 lb-ft of torque. The lack of twist is noticeable and the IS 300 AWD feels slow and pokey to get going. And it seems much less powerful and torquey than the range-topping IS 350, which has 50 more hp and 40 more lb-ft of torque.

There's also no benefit at the pumps for getting the IS

300 AWD over the IS 350 AWD, which starts at \$55,395. If buyers thought they would get some fuel savings by opting for the less powerful V6, they should think otherwise and consider the much more fuel efficient IS 200t.

The engine does, however, provide smooth and linear acceleration and doesn't impact the solid driving dynamics of the car. Steering is good, which is to say it's well-weighted and responsive. Even the steering wheel itself is nice and chunky, with lots to hold onto and a progressive steering feel with none of the weirdness you get from variable ratio racks.

The chassis is also pretty good, meaning that the car reacts to direction changes well, but without the harshness that comes from cars trying to be too sporty. It's best described as smooth and obedient. The suspension in particular is really balanced between soft and stiff.

It's worth talking about the polarizing interior of the car. With plenty of odd angles inside the cabin, it's definitely not the most user-friendly, with bizarrely placed vent openings and an infotainment screen that's far and deep into the dashboard.

The infotainment system has to be one of the worst designs available on the market, thanks to an imprecise and hyperactive mouse-like controller, it's a pain to select items on the screen. It makes it extremely frustrating to control the navigation or make calls while driving and requires too much attention.

It's hard to recommend this over the two other models in the lineup.

THE CHECKLIST | 2017 LEXUS IS 300 AWD

THE BASICS

Engine: 3.5-liter V6
Output: 255 horsepower, 236 pound-feet of torque
Transmission: 6-speed automatic
Fuel Economy (L/100 km): 12.6 city, 9.2 hwy, 11.0 combined
Price: Starts at \$42,950, \$49,650 as-tested



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New vehicle categories mostly marketing jargon

EXPLAINED

A segment by any other name not as sweet for buyers?



Sami Haj-Assaad
AutoGuide.com

Automakers have become very creative with how they classify cars. It used to be simple: sedan, wagon, truck, SUV, hatchback or coupe, but now there are all kinds of strange terms for vehicle segments.



What new word is Porsche calling its Panamera hatchback? HANDOUT

A few new terms are rising in popularity, but what do they really mean?

Sportback

The new Buick Regal is called a sportback, as is the Audi A7 and Porsche Panamera. What do these cars have in common? They all have a sloping roofline and truncated rear end. But that's not all it takes to describe a sportback, since that's also what makes a fastback (which is a coupe). Sportbacks also have roof-mounted trunks.

Wagons and hatchbacks also typically feature the roof-mounted trunk or liftgate but the term has become tarnished in the eyes of premium automakers. The word "wagon" brings up memories of wood-paneled stations wagons, while "hatchback" calls to mind a pedestrian compact car, like a Toyota Matrix. Sportback sounds edgy and cool.

Four-door coupe

Many cars with a sloping roofline are also called "four-door coupes," which is confusing. A

coupe is supposed to have two doors, but the Mercedes CLA and CLS are called coupes despite having four. The difference here is how the trunk opens, which in four-door coupes is a more like a traditional trunk, meaning the rear glass does not open with it. Four-door coupes tend to have another element in common with regular two-door coupes: Most don't have window frames.

Shooting brake

Commonly used to describe European wagons, it comes with a short history lesson. Back in the day, English hunting parties used to carry their gear in a practically sized vehicle, that's transferred to the modern automobile as a shooting brake.

These cars are always wagons, although the number of doors can vary. Ferrari calls the FF a shooting brake and it has two doors, while the folks at Jaguar describe the wagon variant of the XF a shooting brake. Mercedes further confuses things by calling its CLS wagon variant (which isn't sold in North America) a shooting brake.



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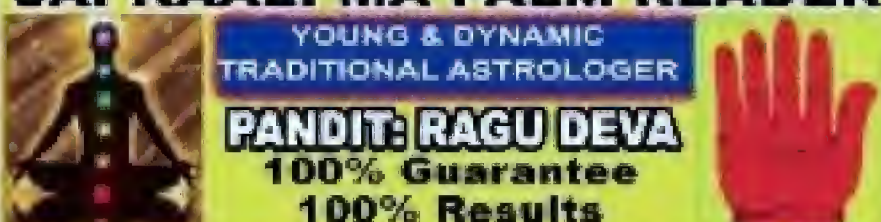
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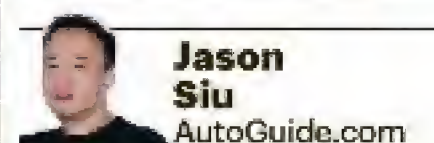
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COMMITMENT



Jason Siu
AutoGuide.com

GM has made an industry-first commitment to sourcing sustainable natural rubber in its tires.

General Motors is hoping the move will help drive the industry toward net-zero deforestation while upholding human and labor rights. The American automaker believes sourcing tires produced using sustainable natural rubber has many benefits for the business as well as the environment including preserving and restoring primary forests along with high carbon stock areas that are critical to addressing climate change and protecting wildlife.

In addition, by using sustainable natural rubber tires, GM

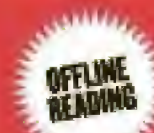
hopes it will also improve yield and quality for natural rubber farmers, supporting the small businesses that contribute 85 per cent of the material. Lastly, the commitment will help mitigate business risk related to supply chain sourcing and performance, while helping assure long-term availability of a key commodity.

The automaker will be working with tire suppliers, governments, rubber industry associations and environmental NGOs to drive alignment and reduce supply chain complexity in its move to sourcing sustainable natural rubber for its tires. It is also working with major tire manufacturers including Bridgestone, Continental, Goodyear and Michelin to develop appropriate transparency into natural rubber so that it can ensure its traceability throughout the supply chain.



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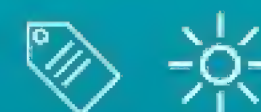
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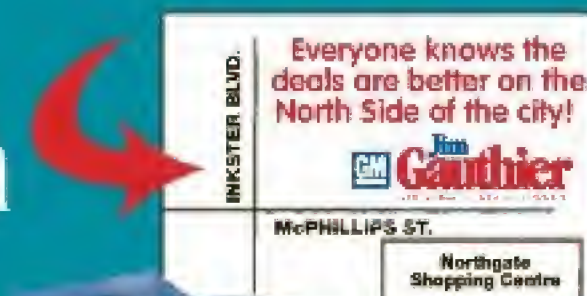
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The Preds' blueprint to success

2017 NHL PLAYOFFS
NASHVILLE ADVANCES

Lowest seed of post-season to play for its first Stanley Cup

With the worst record of the 16 playoff teams, the Nashville Predators have advanced to their first Stanley Cup final in team history. How did they do it? Here are a few reasons:

PEKKA RINNE

The 34-year-old has sizzled with a .941 save percentage in 16 post-season starts. His best form was against Chicago in the first round — stopping 123 of 126 shots — and then again more recently as the Preds closed out the Ducks in the Western Confer-

ence final. Rinne, interestingly enough, hasn't always been the most effective playoff performer.

He posted a less-than-impressive .906 save percentage in 14 games last year, including 12 goals against on 71 shots (.831) in the final three games of a second-round loss to San Jose.

DEFENCE

The engine of everything Nashville is a top-notch defence, fronted by the imposing foursome of P.K. Subban, Mattias Ekholm, Roman Josi and Ryan Ellis — each of whom is averaging more than 24 minutes this spring.

"All of us like to skate and be part of the attack," Ellis said in describing

the unit. "I think as a whole we pride ourselves on not only being great defensively, but being good offensively as well in helping our forwards out."

The Preds have gotten 11 goals and 42 points from the defence in these playoffs.

FILIP FORSBERG

Forsberg has been pretty good for a while now with an average of 30 goals and 62 points in his first three full NHL seasons. He's added another eight goals and 15 points in 16 games in these playoffs, dominating

with his speed, shot and skill against the Ducks.

DEPTH

A must for any Cup contender, the Preds have found meaningful contributions from everywhere. Notable among them is Colton Sissons, who notched a hat trick in Game 6 against the Ducks and has five goals on 14 shots this spring. The former 2012 second-round pick has as

many points (10) in 16 playoff games as he had in 58 during the regular season. Sixteen different players have scored for the Preds in the post-season.

COACHING

Pushing an up-tempo brand of hockey, Peter Laviolette got Nashville back into the playoffs in his first season (2014-15), into the second round in his second and into the first conference and Cup final for the franchise this spring.

"Our coaching staff has developed the philosophy that has allowed a lot of players' games to improve and really develop," Ellis said.

"Now it's more of a five-man attack and everyone contributing at both ends which has been instrumental for not only myself, but guys like Mattias, (Josi), and various different players."

THE CANADIAN PRESS



IN BRIEF

Sharapova granted wild card for Rogers Cup

Maria Sharapova was awarded a wild card for the Rogers Cup in August in her comeback from a doping ban. Since her return, the former No. 1 player has used wild cards to play 3 WTA tour events. She was denied a wild card for the French Open.

THE ASSOCIATED PRESS

Rio Games medals defective

Over 100 athletes globally have discovered their medals from the Rio Olympics to be defective.

Rio Games spokesman Mario Andrada said that officials have noted problems with the covering on some medals. "Medals were mishandled, and have rusted where they were damaged," Andrada said.

THE ASSOCIATED PRESS

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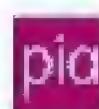
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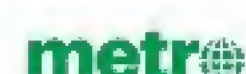
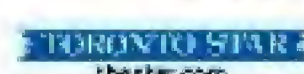
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MAKE IT TONIGHT

Tangy Avocado Chicken Salad Sandwich



PHOTO: MARY WISNET

Ceri Marsh & Laura Keogh
For Metro Canada

There is no end to the creaminess an avocado can give most any recipe and this tangy chicken salad is no exception.

Ready in 15 minutes

Prep time: 10 minutes
Makes: 4 to 6 sandwiches

Ingredients

- 1 avocado,
- 2 Tbsp fresh lime juice
- 1 tsp fresh cilantro, chopped
- 1/4 cup mayonnaise
- 1/4 cup Greek yogurt
- pinch of salt and pepper
- 4 pitas or 6 mini pitas
- 2 cups cooked chicken, cubed

Directions

1. Slice open your avocado, carefully remove the pit and then use a small, sharp knife to score the flesh. Now use a small spoon to scoop out those avocado cubes.

2. In a large bowl, mix all your ingredients (except the pitas) together. Be gentle so the avocado keeps some of its shape. Taste for seasoning. If you've got time to cover the salad for half an hour the flavours will deepen.

3. Slice open your pitas and use a spoon to stuff them with salad.

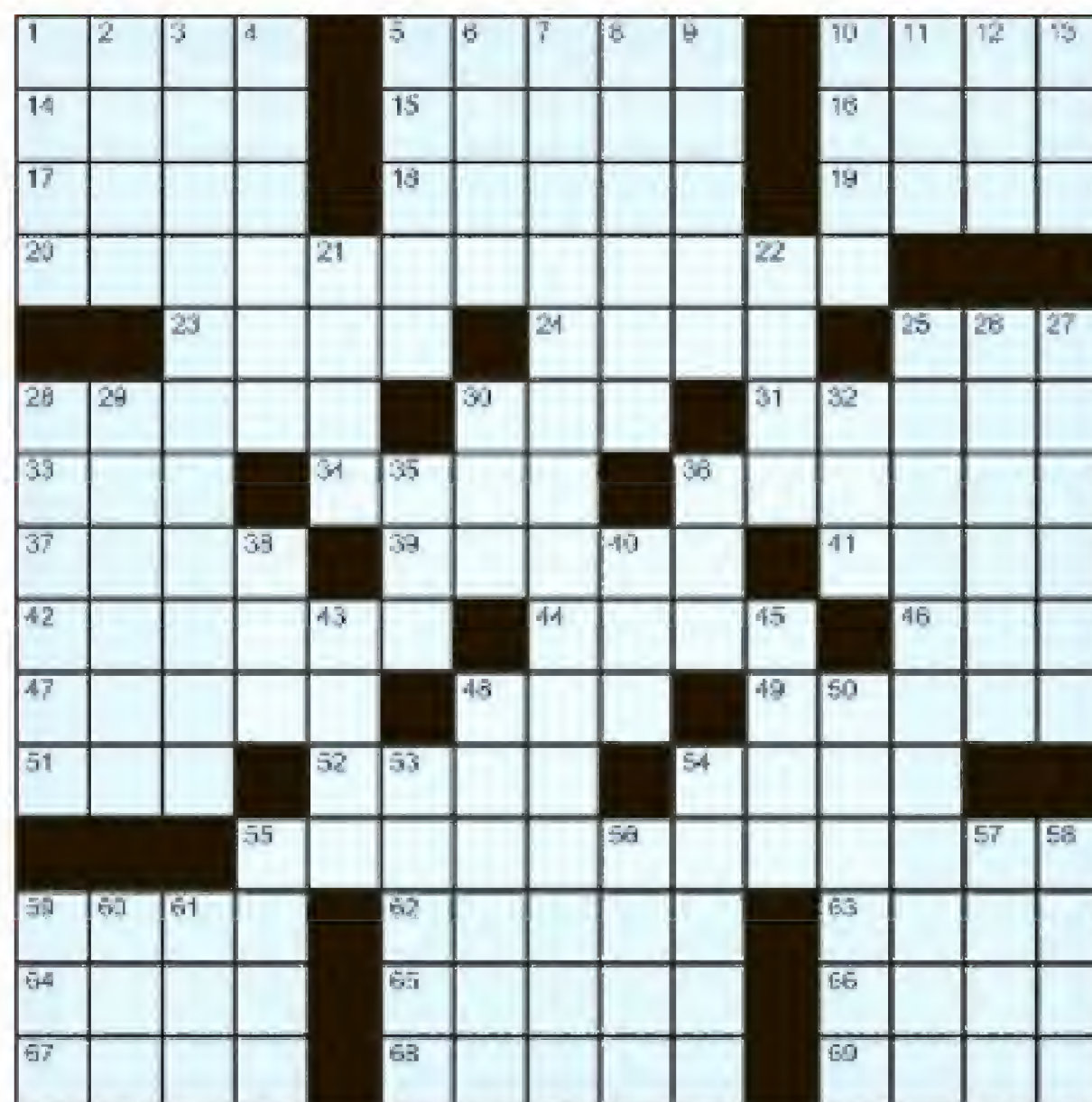
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Café au _
- Scope
- Impresses
- "Deal _ Deal"
- Circus performer, informally
- Corn lily
- Broad
- Dices
- Short-tailed wildcat
- New single off Serena Ryder's latest album 'Utopia' that goes "You're plugging into me / High voltage chemistry...": 2 wds.
- Prefix to 'normal'
- "Citizen _" (1941)
- To and _
- Suzette's serving at brunch?
- Purchase
- Any episode of "The Beachcombers" now
- Distinguished title abbr.
- Traverse
- Joan's "Knots Landing" character
- Mr. Garcia of "Ocean's Eleven" (2001)
- The _ Rovers (Canadian folk group)
- Carte du jour
- Skin beautifiers
- Traveller's documentation
- Robert Plant's rock gr.
- Beach Boys song title car
- Nadia's famous score in Montreal
- Movie projector attachments



- Percentage on a chg. card
- German industrial region
- Gang's land
- Canadian movie director: 2 wds.
- "10, 9, 8...lift off!" gr.
- Puffer's par-

- lucular pipe
- Church section
- Grad
- Like acid wash jeans, now
- Exclude
- Non-royal
- Heretofore: 2 wds.
- Becomes beyond

betrothed

DOWN

- TV/movies actor Chad
- Botanical 'coat'
- Sovereign
- Workie boot protection
- Ghana's cap-

- ital city
- Seafood fish of Hawaii, when doubled
- St. Catharines, Ontario school: 2 wds.
- Live, as a soccer ball: 2 wds.
- Model/actor Mr. Beckford
- Trickery

- Prefix to 'moron' (Figure of speech variety)
- Come in first
- U'l jazz instrument
- Very, in Quebec City
- Bridal designer Ms. Wang
- The J. Geils Band hit that begins with camera sound effects
- Streamlet
- Does a bit better than: 2 wds.
- Cousin of Fonzie on "Happy Days"
- "Da Doo _ _" by The Crystals
- Slot machine symbol
- Shade tree
- Television's Magnum, et al.
- TV taping format, e.g.
- Torah reader's pointer
- Canuck ID
- Actress, Rooney _
- Lily kind
- "...a will, _ a way."
- Prior to this time, poetically
- Space shadow
- Psychic fair card
- Doorway part
- Attention
- Metamorphoses poet
- Meshworks
- Log Z's
- Completely
- Actress, Melissa _ Anderson

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be open to new ideas or applications on how to use something that you already own. You also might see new ways of making money.

Taurus April 21 - May 21
Take a realistic look in the mirror to see how you can improve your appearance today. After all, you never get a second chance to make a first impression.

Gemini May 22 - June 21
If you work diligently at something behind the scenes, you will come up with some new results. You have a clever mind, and today you are resourceful.

Cancer June 22 - July 23
You might attract someone powerful today. If so, listen to what this person has to say, because he or she could influence your future goals in some way. (It never hurts to listen.)

Leo July 24 - Aug. 23
A discussion with a parent, boss or authority figure will be powerful today. However, you might have new ideas about how to make improvements or reforms. If so, speak up.

Virgo Aug. 24 - Sept. 23
Avoid controversial issues like politics, religion and racial matters today, because people are intense. This means a discussion could turn into a quarrel. You don't need this.

Libra Sept. 24 - Oct. 23
Take care of loose details regarding taxes, debt, bills, inheritances and insurance issues today, because you have the focus and concentration to get this done. Ah, freedom!

Scorpio Oct. 24 - Nov. 22
Be accommodating with others today, because the Moon is opposite your sign. This means you cannot be demanding. Just go along with whatever happens.

Sagittarius Nov. 23 - Dec. 21
Set aside some time today to do something that will make you feel better organized. Give yourself a support system to make your life easier.

Capricorn Dec. 22 - Jan. 20
Today you might see a new approach when it comes to a social situation or how you deal with children. Likewise, you might view a romantic situation in a new light.

Aquarius Jan. 21 - Feb. 19
Today you will see ways to make improvements at home, or how you can change the way you do things at home. You might see new uses for things you already own.

Pisces Feb. 20 - March 20
This is a strong day for those of you who sell, market, teach, act or write, because your communication skills are direct and forthright. You will be clear about what you want.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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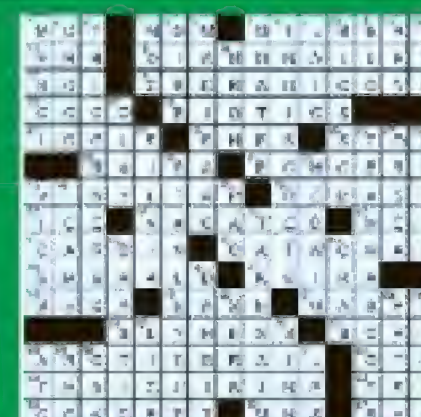
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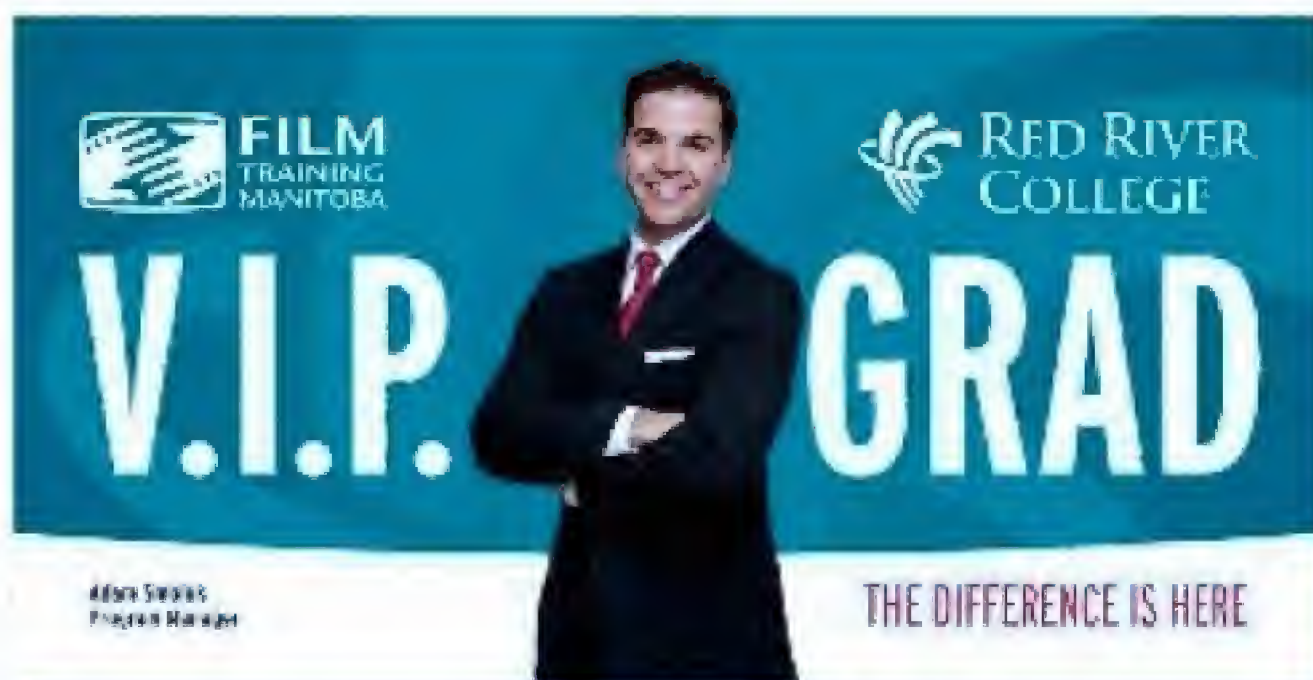
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